

White Bean & Sweet Potato Tostadas

Makes 6 Tostadas

Tender Cannellini beans are refried in coconut cream, exotic herbs and spices, complemented with rustic Ube Sweet Potato Tostadas, salsa verde and pickled radish.

PICKLED RADISH

1 bunch radishes, sliced thinly
½ red onion sliced
½ tsp (1 mL) mustard seeds
½ cup (125 mL) apple cider vinegar
½ cup (125 mL) sugar
¼ cup (60 mL) water
1 tsp (5 mL) salt

1. Heat a small saucepan over medium heat. Add all ingredients to saucepan, bring to a boil and stir to dissolve sugar. Remove from heat.
2. Place radishes and onions in a sterilised jar. Pour hot liquid into jar over radishes, cover tightly with lid. Let cool for 1 hour, chill in refrigerator before serving.

SWEET POTATO TOSTADAS

1 cup (250 mL) cassava (or any gluten free flour), extra for dusting
1 cup Ube purple sweet potatoes, boiled and mashed (reserve liquid)
½ tsp. sea salt
¼ cup avocado or olive oil
2 Tbsp (30 mL) warm reserved Ube liquid
1 can cooking oil spray

1. Preheat oven to 400°F (200°C). In a medium mixing bowl, add the flour, mashed sweet potatoes, salt, oil and mix with hand until the dough comes together to form a ball. Add reserved ube liquid and knead. The Dough's texture should be similar to shortbread dough.
2. Dust a clean surface with flour, form the dough into a cylinder by rolling with your hands. Divide into six equal pieces with a dough cutter or knife.
3. Using two sheets of parchment paper cut into squares, place one ball of dough between the paper in the centre of a tortilla press (you may also use a rolling pin). Press or roll the dough into a thin circle.
4. Heat a non-stick large skillet over medium-high heat until it reaches smoking point. Add 1-2 tortillas at a time, sear on both sides for approximately 25 seconds per side. Remove with a spatula and place on baking sheet lined with aluminum foil paper. Repeat with the other balls of dough.
5. Spray both sides with cooking oil, transfer to the oven and bake for 3-5 minutes, turn the tortillas over and bake for another 3-5 minutes until crispy. To serve, spread beans over the center of a tortilla, garnish with salsa verde, pickled radish, cilantro and feta (optional).

TACO SEASONING

1 tsp (5 mL) fine sea salt
1 tsp (5 mL) garlic powder
½ tsp (2 mL) onion powder
½ tsp (2 mL) ground cumin
1 tsp (5 mL) smoked paprika
¼ tsp (1 mL) ancho chili powder or cayenne pepper

1. Place all ingredients in a small dish and mix thoroughly with a fork. Keep in an airtight container.

SALSA VERDE

4 tomatillos, husks removed
1 serrano chile
¼ piece white onion
2 cloves garlic, smashed and peeled
½ cup (125 mL) cilantro leaves
Juice of half a lime
Salt to taste

1. Preheat oven to 425°F. Line baking sheet with parchment paper. Rinse and dry tomatillos.
2. Place on baking sheet with chile. Roast in the oven for 15 minutes or until cooked through, remove from oven.
3. Transfer to the bowl of a food processor, add all remaining ingredients and pulse the mixture until it reaches desired consistency. Season to taste, serve at once or transfer to an airtight container and refrigerate.

REFRIED WHITE BEANS

2 Tbsp (30 mL) olive oil
¼ piece onion, diced
2 cloves garlic, diced
2 cups (500 mL) cannellini (white kidney) beans
1 Tbsp (15 mL) white balsamic vinegar
1 cup (250 mL) coconut cream (thick first cream of coconut milk)
½ tsp (5 mL) fresh thyme leaves
Taco seasoning to taste
Vegan Feta as garnish (optional)

1. Heat a medium skillet with oil over medium heat. Add onion, cook 3 minutes until translucent. Add garlic cook for 1 minute until fragrant.
2. Add beans, vinegar, cream and bring up to simmer for 10 minutes. If too thick add a little more cream or water.
3. Mash the mixture with a potato masher to desired consistency. Spread generously over tortillas.

Shopping List

PRODUCE

1 head of garlic
1 shallot
1 yellow, orange and red bell pepper
1 orange
1 lemon
1 lime
1 parsley

PROTEIN

1 400-600g boneless-skinless turkey breast

BAKERY

1 pack corn tortillas

GROCERIES

4-6 dried chipotle chiles or in adobo sauce
½ cup pine nuts or slivered almonds
Sesame seeds
1 can crushed tomatoes
1 can (thick) coconut milk

PANTRY

olive oil
fine sea salt
apple cider vinegar
dried oregano
dark brown sugar
pink peppercorns, grounded
garlic powder
onion powder
ground cumin
smoked paprika

